



# The Journal

Vol. 25

No. 42

[www.cnmc.navy.mil/bethesda/](http://www.cnmc.navy.mil/bethesda/)

October 31, 2013

## Adaptive Sports Tournament Premieres at NSAB



Picture courtesy of Roger Wollenberg

**Army Spc. John Harmon prepares to make a shot while practicing wheelchair basketball in the Fitness Center. Harmon will be participating in the Six a Side Round Robin Wheelchair Basketball Tournament during the Warrior Care Games.**

**By Ryan Hunter  
NSAB Public Affairs  
staff writer**

The Warrior Games may have passed, but for those looking to compete against or cheer on the best athletes at Naval Support Activity Bethesda (NSAB), the sports season hasn't ended just yet.

Next week, NSAB will host the first Warrior Care Month Competition. This series of events will pit recovering service members, their chain of command and cadre against one another in friendly competitions on even ground. Each of the five events; swimming, running, cycling, sit volleyball and wheelchair basketball; will be specially formatted



Picture courtesy of Roger Wollenberg

**Staff Sgt. Tim Brown operates a handcycle bike during the Marine Corps Marathon. Brown will be competing in multiple cycling events in the Warrior Care Games.**

to place athletes, disabled or not, on a level playing field.

"The competition is [designed to] build a spirited core and unit camaraderie through adaptive sports," said Military Adaptive Sports Program Site Coordinator Amanda Kelly. "It gives our staff a better understanding of what sports are on base, as well as encourages participation from our service members."

Squad Leader of the Warrior Transition Brigade Sgt. Kevin Carter believes sit volleyball will be the "best event to watch." The sport is organized similarly to standing volleyball, however all participants must remain seated during the active phases of the game. The divid-

ing net is lowered from its typical 32 feet height to approximately 3.5 feet and players must keep at least one buttock on the floor when contact is made with the ball.

"You can hit the ball with anything, so if the ball goes out of reach you can kick it to keep it in bounds," said Kelly. "It's really hard for me to play sitting volleyball," said Carter, who plans to participate. "I have legs, so it's hard for me to stay strictly on my bottom. It's just as challenging as real volleyball, if not more difficult."

One of the more popular team sports played during the week is wheelchair basketball. The rules are the same as the game's original counterpart with one exception; every

player's actions must be performed while sitting inside of a wheelchair.

"It's more fierce and competitive than regular basketball," said Carter. "There is a lot of contact as you move the wheelchair, going full speed, while trying to get a shot or pass the ball. We played at the end of the summer and at least three people [were knocked] out of their chair. It's very physical."

While the other three events are designed more for individual participants, they will be just as "competitive and entertaining for our guys with disabilities," said Carter.

The swimming event will take

See **SPORTS** page 6

# Chaplain's Corner

Matthew 7:7 says, "Ask and it shall be given you; Seek and you shall find; Knock and it shall be opened."

One Saturday when I was just a young boy, about 8 years old, my father tasked me with cutting the lawn. This was an awesome job, as the house sat on an acre and the mower was an old cranky push mower I could barely start. My father took great pride in the appearance of the home. I was proud to be seen worthy of such a responsibility.

As the morning progressed, I neared the end of the task. On the front lawn was a large block of concrete my father had placed by the drive way to keep visitors from cutting the corner and driving on the lawn. There was a healthy crop of fescue growing around that block. As this was before the weed eater was invented, my father would just roll the block out of the way to cut the grass. When the block was rolled back into place, the job was finished.

I could not move the stone. I pushed. I pulled. I strained my 8-year-old body attempting to move that block, but it would not budge. In the midst of my struggles, my father called for lunch. Wanting to complete my task, I ignored his call and continued to struggle with the stone.

About the third time he called his tone changed to indicate he would not tolerate my disobedience any longer. Frustrated to the point of tears I walked up to him and explained my disobedience, "Dad,



I can't move the block. I pushed. I pulled. I did everything I could and I simply could not finish the job."

My father looked down gravely and said, "Son, you did not do everything you could. You didn't ask me."

We went down to the offending block and my father easily pushed it

out of the way. I mowed the grass and my father pushed the block back in place. Then, we went to wash up and eat lunch together. Mission complete. I was fortunate to learn from my father at an early age a value we are still learning today, "It is a sign of strength to ask for help."

September was Suicide Prevention Month. If you are stressed beyond your capabilities in your current situation, I encourage you to ask for help. Your chaplain is a safe and confidential place to start. Fleet and Family Services and Behavioral Health are great resources. You can also use other agencies like Veteran Crisis: <http://www.veteranscrisisline.net/> or 1-800-273-8255 and Military One Source: <http://www.militaryonesource.mil/> or 1-800-342-9647.

May you be blessed beyond your wildest dreams as you continue to serve at Naval Support Activity Bethesda.

**Robert Powers**  
**Chaplain (Colonel),**  
**United States Army**  
**Department Chief,**  
**Pastoral Care**  
**Walter Reed National**  
**Military Medical Center**

## Bethesda Notebook

### Medical Surgical Nurse Week

Medical Surgical Nurse Week begins Monday with a number of activities at Walter Reed Bethesda. Monday, there will be the Academy of Medical Surgical Nursing (AMSN) Certification Review Course and opening ceremony starting at 12:30 p.m. in the Quarter Deck of Building 10. Also beginning Monday and continuing through Thursday, there will be evening nursing skills fairs from 11 p.m. to 3 a.m. in Building 9, first floor near the GI Clinic. Tuesday's events include the AMSN course, an opening ceremony for the nursing skills fair at 9:45 a.m. in Building 9 near the GI Clinic, and nursing grand rounds (Patient Caring Touch System) at noon in Memorial Auditorium. Wednesday and Thursday, the day nursing skills fair continues from 10 a.m. to 6 p.m., and Friday from 8 a.m. to noon. The week-long observance concludes at noon on Friday with a closing ceremony at the nursing skills fair. For more information, call Navy Lt. Sheron Y. Campbell at 301-295-8885 or 301-295-8828.

### Joint Town Hall for Wounded Warriors

Naval Support Activity Bethesda and National Capital Region Medical Directorate will host a joint town hall for wounded warriors and their families on Nov. 7 at 2:30 p.m. in Building 62's Warrior Café. For more information, call Gloria Twilly at 301-400-0131.

### PSA Blood Test and Prostate Cancer

Board certified urologist Dr. Ed Paquette will discuss "The PSA Controversy: What Patients Should Understand," during the WRNMMC Prostate Cancer Support Group meeting on Nov. 7 from 7 to 8:30 p.m. in the America Building River Conference Room on the third floor. The presentation will also be available via video teleconference at Fort Belvoir Community Hospital in the Oaks Pavilion, first floor, room 332. Spouses and partners of prostate cancer patients are welcome. Military ID is required for base access to Walter Reed Bethesda. Those without a military ID should call the Center for Prostate Disease Research at 301-319-2900 at least 48 hours prior to the event for base access. For more information, call retired Col. Jane Hudak at 301-319-2918 or [jane.l.hudak.ctr@health.mil](mailto:jane.l.hudak.ctr@health.mil).

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with the Walter Reed National Military Medical Center, Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without re-



gard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md.

News copy should be submitted to the Public Affairs Office, Building 11, lower level, Room 41, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-400-2488. Commercial advertising should be placed with the publisher by telephoning 301-921-2800. Publisher's advertising offices are located at 9030 Comprint Court, Gaithersburg, Md. 20877. Classified ads can be placed by calling 301-670-1700.

## Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. David A. Bitonti  
Acting Public Affairs Officer NSAB: John Epperson  
Public Affairs Office NSAB: 301-400-2488

Fleet And Family Support Center 301-319-4087  
WRNMMC Ombudsman Vacant  
NSAB Ombudsman  
Michelle Herrera 240-370-5421

### Journal Staff

Staff Writers MC2 John Hamilton  
MC3 Brandon Williams-Church  
MASN April Beazer  
Sarah Marshall  
Sharon Renee Taylor  
Cat DeBinder  
Ryan Hunter  
Katie Mollet  
Katrina Skinner

Managing Editor MC2 Nathan Parde

WRNMMC Editor Bernard Little

Walter Reed National Military Medical Center  
Office of Media Relations 301-295-5727

Sexual Assault Response  
Coordinator Hotline 301-442-2053

### Visit us on Facebook:

Naval Support Activity Bethesda page:  
<https://www.facebook.com/NSABethesda>  
Walter Reed National Medical Center page:  
<http://www.facebook.com/pages/Walter-Reed-National-Military-Medical-Center/295857217111107>  
Uniformed Services University of the Health Sciences page:  
<http://www.facebook.com/pages/Uniformed-Services-University-of-the-Health-Sciences/96338890888?fref=ts>

# Region Medical Director Focuses on Recapturing Beneficiaries, Quality Care, Cost

By Bernard S. Little  
WRNMMC Public Affairs  
staff writer

“Readiness remains our core,” said Rear Adm. (Dr.) Raquel Bono during town halls at Walter Reed National Military Medical Center (WRNMMC) last week.

Director of the Defense Health Agency’s (DHA) National Capital Region Medical Directorate (NCR-MD), Bono discussed the changing Military Health System, and the role of WRNMMC in that transformation, during the two meetings she held with Walter Reed Bethesda staff members.

During the hour-long forums on Oct. 15 and 21, Bono stressed the need for WRNMMC staff to continue to provide world-class care while being fiscally responsible as the MHS transforms and face a number of challenges. She explained the DHA, NCR-MD was stood up on Oct. 1, replacing the Joint Task Force National Capital Region Medical Command, and armed with new authorities to control health costs by cutting waste and duplication across the region.

“The intent behind the transition is to achieve greater integration of



Official Navy photo

Rear Adm. (Dr.) Raquel Bono

our direct and purchased health care delivery systems so that we can accomplish the MHS quadruple aim: increased readiness; better care; better health; and lower cost,” Bono explained.

As a subordinate command of the DHA and one of its six enhanced multi-service markets (eMSMs), NCR-MD has authority, direction and control over WRNMMC, Fort Belvoir and the Joint Pathology Center. The NCR-MD also has enhanced multi-service market authorities over Naval Health Clinic

Quantico and its subordinate Washington Navy Yard Branch Health Clinic; Naval Health Clinic Annapolis; Kimbrough Ambulatory Care Center and its subordinate Andrew Rader Army Health Clinic; Fort McNair Army Health Clinic; and Malcolm Grow Medical Clinic and Surgery Center (779th Medical Group) and its subordinate Pentagon Flight Clinic; and Bolling Clinic (579th Medical Group).

In addition to the NCR-MD, other enhance markets of DHA include San Antonio, Texas; Colorado Springs, Colo.; the Puget Sound region of Washington State; the Tidewater area of Virginia, and Oahu Island in Hawaii. Bono explained “enhanced” authorities allow the eMSM managers to “implement a market approach to advance population health; execute a five-year business performance plan to improve care; allocate market funding where the need is greatest; and disseminate clinic and business best practices across facilities to improve effectiveness.”

The rear admiral said despite challenges with the budget, as reflected across the government with furloughs and the government shutdown, her intent for the NCR-

MD is to “create value through excellence in health-care services that is responsive to the needs and convenience of all patients and their families.”

In addition, she said the NCR-MD will “expand the best practices in wounded warrior care to provide all beneficiary populations with comprehensive, multidisciplinary family-centered health services that is respectful to the choices of beneficiaries.

“We will also lead the way in patient safety and quality management and design the NCR market so that each patient has access to care in the market, regardless of enrollment site,” Bono explained.

With approximately 500,000 beneficiaries, the rear admiral said the NCR-MD is the most expensive market in the DHA, so “there’s intense interest in how we perform because we have the biggest budget.” In total, there are approximately 9.7 million beneficiaries in the military health care system, according to MHS officials.

Recapturing patients for the direct care system from purchased care contractors, as well as stan-

See **BONO** page 8

# WRNMMC Clinical Psychology Internship Program Graduates Twelve

By Sharon Renee Taylor  
WRNMMC Public Affairs  
staff writer

Six Soldiers and six Sailors completed the year-long Clinical Psychology Internship Program at Walter Reed National Military Medical Center (WRNMMC) as the second graduating class since the integration of the former Walter Reed Army Medical Center and National Military Medical Center in 2011.

Base Realignment and Closure brought the post-doctoral Army and Navy clinical psychology programs, separately accredited, to operate side-by-side at Walter Reed Bethesda. They share the same resources under one roof, according to Lt. Col. John D.A. Yeaw, who ended a five-year assignment as Clinical Psychology Program Director of the Army, earlier this year.

“It worked very well,” said Yeaw, who explained the graduates were completely integrated, and shared the same classroom, faculty, training rotations, and didactics. “We have an excellent group of officers. They are really outstanding. From day one they were very eager to learn, and to get out there — the ambition and the drive are there,” Yeaw added. “They’re going to be outstanding in the field.”

The new military psychologists completed an intensive, 12-month



Photo by Sharon Renee Taylor

**Walter Reed National Military Medical Center graduated six Soldiers and six Sailors from the Clinical Psychology Internship Program in a ceremony held in Clark Auditorium Friday.**

program where they conducted psychological testing, performed consultations and specialty evaluations. The group also participated in research.

Their studies prepared them to work in traditional settings like hospitals and mental health clinics, as well as military-unique settings, such as deploying units or combat stress control teams. The clinical psychologists will enter post-doctoral residency programs like the Special

Forces Post-Doctoral Residency at Fort Bragg, N.C., or the the military treatment facilities located there or at Navy Hospital Beaufort, S.C.; Naval Hospital Bremerton, Wash; or Naval Hospital Pensacola, Fla.

Army Capt. Daniel Good, a native of Exeter, Calif., will remain at Walter Reed Bethesda for the post-doctoral along with four other classmates who completed the internship program with him. Good’s colleagues, teachers, and friends offered well-wishes to him

and his fellow graduates.

The ceremony was a family affair for many of the new graduates, including Navy Lt. Barbara Haskins, whose parents traveled from Suffolk, Va. The Sailor fought back tears as her father, retired Navy Chief David Haskins, and her mother Nancy, passed through the line to congratulate her.

“These are good tears. I have a

See **GRADUATES** page 10

# Murtha Breast Cancer Center Hosts Annual Open House Event

By Katrina Skinner  
WRNMMC Public Affairs  
staff writer

"Do you know anyone affected by breast cancer?" one woman asked another at Walter Reed Bethesda's annual Breast Cancer Center's (BCC) open house on Friday. Both ladies had on pink, as did almost everyone mingling in the reception area of the BCC.

"I think all of us here have been affected by breast cancer - our loved ones, our family or our friends, myself included - so I would like to have you all help me celebrate the lives of all the ladies - and men - who have had to deal with breast cancer," said Navy Capt. (Dr.) Jeffrey Lenert, head of the Breast Section, Division of General Surgery at Walter Reed National Military Medical Center (WRNMMC).

The open house was an opportunity to learn about resources available to breast cancer patients at WRNMMC and through other organizations, as tables were set up throughout the BCC reception area.

"It is also an opportunity to re-

flect on those who aren't with us anymore, who we lost to breast cancer, those who are dealing with breast cancer, who has dealt with it, been through it and unfortunately those who will have to go through it in the future," Lenert added. "Let's celebrate their lives and take this afternoon to take a few minutes to reenergize our efforts in helping to try to treat and cure breast cancer and help those people - the patients and their families - who have to deal with it."

From behind her information table, Donna Adams, an oncology nurse with the BCC, explained the "Look Good Feel Better" program and how it focuses on self-healing of the body, from the inside out.

The "Look Good Feel Better" program holds monthly meetings in the BCC, said Adams, who added the American Cancer Society assists, "[teaching] patients how to take care of their skin and offers educational classes on a range of topics that affect breast cancer patients."

The National Breast Cancer Awareness Month event focused on survivors like Janet Copulos, who

has been cancer free for more than nine years. With no family history of breast cancer, her diagnosis came as a shock. Copulos said that having had breast cancer has made her more aware of health issues. She described her experience as an adventure. She still does self-exams and regularly attends support groups to help her cope.

"Hang in there. It gets better and before you know it, you are past treatment and living life again," Copulos said. "It may take a while, depending on what kinds of treatment you have, but you come out from it and, I think, you become a better person," she added.

So while pink is synonymous with the month of October and breast cancer awareness, every day is about awareness at the Walter Reed Bethesda BCC, Lenert and others at the BCC open house explained to those who attended last week's event. The center, located on the third floor of the America building, is dedicated to bringing about breast cancer awareness every day of the year, they added.

For more information, call the clinic at 301-295-3899.



Photo by Katrina Skinner

**Elvis tribute artist Lionel Ward gives a special performance during the Breast Cancer Center's Annual Open House on Friday at Walter Reed National Military Medical Center. Ward's wife is a breast cancer survivor who was treated at the former Walter Reed Army Medical Center.**

## SHE SERVED NOW WE SERVE HER



The Washington DC VA Medical Center (DCVAMC) prides itself on offering world-class health care to women Veterans in a compassionate and healing environment. Learn more about DCVAMC's Women's Health Clinic which provides comprehensive health care to the fastest growing group of Veterans, women.

A newly-renovated, state-of-the-art Women's Clinic will be opening soon. Call 202-745-8582 for more information about accessing VA health care.



## FULL KITCHEN REMODELING NO INTEREST FINANCING FOR 12 MONTHS!

**HOLIDAY SALE  
\*50% Off**

- Factory Direct Countertops
- Granite Countertops
- Kitchen Cabinets
- Tile Flooring
- Bathroom Vanities
- Fireplaces
- Installation
- Free Estimates

Imagine your home with  
an expert makeover!



Proudly Serving The Military in  
The Washington DC Area!

CALL FOR GRANITE, CERAMIC  
& KITCHEN CABINETS

**301-579-3905  
571-232-4555**

7702 Old Alexandria Ferry Road • Clinton, MD 20735

**NEW LOCATION**

6301 Foxley Road • Upper Marlboro, MD 20772

MON-SAT - 9am to 7pm • SUN 11am to 4pm

[www.europeangrantedesign.com](http://www.europeangrantedesign.com)

Our design consultants will come to your home at your convenience and comfort to help you select surfaces that best reflect your style! \*50% off on remnant pieces only.

# Observance Celebrates Pastoral Care, Staff

**By Sharon Renee Taylor**  
WRNMMC Public Affairs  
staff writer

Walter Reed National Military Medical Center (WRNMMC) highlighted the work of healthcare chaplains and pastoral counselors during an annual, week-long celebration, Oct. 21-24.

This year's theme, "Prophetic Voice," highlights the voices in our midst — the internal wisdom that finds purpose, trust and new direction, according to the Network on Ministry in Specialized Settings, which appoints a committee to determine the focus for Pastoral Care Week, celebrated internationally each year.

"Chaplains use the 'prophetic voice' to deliver a message of divine truth revealing God's will for those they minister to each day. Here at Walter Reed Bethesda, we deliver [God's] messages of hope, love, peace, comfort, reconciliation, forgiveness and joy - that hold promises

of healing and reassurance for our patients, their families, and our medical center staff," explained Chaplain (Lt. Cmdr.) Leslie Sias.

A chaplain clinician in the Department of Pastoral Care who has served in the Navy for 22 years, Sias returned from deployment to NATO Role 3 Multinational Medical Unit at Kandahar Air Field, Afghanistan in March.

For Pastoral Care Week, chaplains, religious program specialists and chaplain assistants distributed daily devotionals, rosaries, prayer books and giveaways to patients and staff that stopped by pastoral care booths located on Main Street and in the America Building atrium. Also during the week, beneficiaries and staff at Walter Reed Bethesda were encouraged to navigate the indoor labyrinth set up in Building 9 for self-reflection, healing and inner peace. The week ended with a concert by the

See **PASTORAL** page 8



Photo by Sharon Renee Taylor

**Rabbi Risa Weinstein visits Walter Reed National Military Medical Center (WRNMMC) patient Neil Meiselman. Each WRNMMC chaplain is assigned to visit patients on a specific ward or department in the medical center, each day.**



**AUDI SILVER SPRING**

3151 AUTOMOBILE BLVD. SILVER SPRING, MD 20904



**AUDI SILVER SPRING  
IS PROUD TO BE A PREFERRED  
DEALER FOR USAA MEMBERS**  
USAA members receive special  
discounted prices of **up to  
\$6,000 off** the manufacturer's  
suggested retail price on select  
new Audi models.

Visit Audi Silver Spring for Details.



**Audi Silver Spring**  
3151 Automobile Blvd., Silver Spring, MD 20904  
1-877-704-5116 | [AudiSilverSpring.com](http://AudiSilverSpring.com)

\* Up to \$6,000 discount vary by model. 2013 new Audi models only. Contact new car sales department for details



**Rental  
Townhomes**

Less than 3 miles to WRNMMC

**One Month  
FREE**

**Rent on all 4 BR!  
Call for Details.**



Welcome to **ROCK CREEK  
PALISADES**

Featuring: Oversized 2 & 3 Story Townhomes  
2 1/2 & 3 1/2 Baths  
3, 4 & 5 Bedrooms . 1,400 to 2,100 Sq. Feet

## Included Amenities

- ☐ Pre-wired for FIOS cable & high-speed internet
- ☐ Newly redesigned kitchen & appliances
- ☐ Hardwood floors w/inlay
- ☐ Ceramic tiled bath
- ☐ 2" Plantation blinds
- ☐ Cherry finish kitchen cabinetry
- ☐ Self-cleaning ranges
- ☐ Side-by-side refrigerator/freezer
- ☐ Garbage disposal
- ☐ Stainless steel sinks
- ☐ Built in Microwave
- ☐ Dishwasher
- ☐ Full-size washer & dryer
- ☐ Private entry patio w/additional storage

**301-949-4466**

11300 - 11476 Connecticut Avenue, Kensington, MD 20895 . [www.rcptownhomes.com](http://www.rcptownhomes.com)

01040042



# Clinic Focuses on Noise Induced Hearing Loss

By Katrina Skinner  
WRNMMC Public Affairs  
staff writer

People lose their hearing for many reasons but the Occupational Audiology — Hearing Conservation Clinic at Walter Reed National Military Medical Center (WRNMMC) is concerned with only one type — Noise Induced Hearing Loss.

According to the American Academy of Audiology, approximately 36 million Americans have hearing loss. In addition, nearly 30 million workers are exposed to hazardous levels of noise on the job, and one in three developed their hearing loss as a result of exposure to noise.

The Hearing Conservation Program is all about the prevention and management of noise induced hearing loss. “We see active duty service members and civilian Department of Defense (DOD) hazardous noise exposed employees for routine medical surveillance hearing tests,” said Margaret Jylkka, Audiologist and Service Chief for Occupational Audiology - Hearing Conservation. “People get a baseline test and then we monitor their hearing to make sure they are safe for what they do. Hearing is essential for good



Photo by Katrina Skinner

**Audiologist Shoshannah Russell examines the ears of a patient before administering a follow-up hearing exam. Russell sees patient referrals and those who are a part of a research protocol.**

situational awareness and good communication ability. Hearing is 24/7, it is an alerting system that keeps us safe,” he added.

According to Roselyn Thibou, health technician, when a patient comes in, an initial hearing test is administered. Seated inside of a metal semi-sound proof hearing booth, the patient listens and responds to a series of

tones that determine their readiness. If further testing is needed, the computer will automatically generate a patient referral to the audiologist.

Shoshannah Russell, one of the audiologists who sees many of the patient referrals, went on to state, “We see a lot of follow-up patients and people who have had changes in their hear-

ing or who do not meet their hearing standard. We also do a lot of research,” she explained.

Capt. Stephanie Smith, service chief of Medical Readiness Clinic, said that her clinic works in concert with the Occupational Audiology Clinic by performing periodic health assessments on service members and to make sure they are medical-

ly fit. Soldiers and Marines are required to have their hearing assessed each year, and Sailors when they enter the service and then on a situational basis.

Smith also added that hearing challenges can be a service disqualifier and the results of a hearing exam can mean that a service member can either be removed from duty or put into a specific role. The Medical Readiness Clinic makes a decision based on recommendations from the Occupational Audiology Clinic.

The Walter Reed Bethesda Occupational Audiology - Hearing Conservation Program is committed to the education, counseling, and fitting of hearing protection, Jylkka added. The office is located in Building 7, second floor, room 2143, adjacent to the Occupational Health Clinic. All active duty, civilian employees in the noise medical surveillance program can schedule routine hearing exams Monday through Wednesday from 7 to 11 a.m. and 1 to 3:30 p.m., Thursday from 7 to 11 a.m., and Fridays from 7 to 10:45 a.m., and from 1 to 2 p.m.

For more information, call Margaret M. Jylkka at 301-295-4665.

## SPORTS

Continued from 1

place in the fitness center pool, whose 50 meter length removes the potential for flip turns, a maneuver which favors swimmers who can push off the back wall for a mid-swim boost of speed.

Participating cyclists will utilize a variety of cycling equipment including upright, recumbent and hand cycle bikes.

According to Carter, runners with and without prosthetics should expect steep competition.

“We’ve got a guy, an amputee, competing in the race that just ran two miles in 15 minutes during a physical training test,” said Carter. “That’s just the level that these guys can get to.”

Warrior Care Month

events bare similarities to those found in the Warrior Games, an annual nationwide athletic competition for wounded warriors and disabled veterans from all five branches of the military. Since the Warrior Games won’t be held again until next September, the Care Month Competition was designed partially to promote and excite participation from NSAB service members until then.

“We strive for these types of games, because we know service members haven’t lost that competitive edge. That’s not something they will ever lose,” said Carter. “It gets our guys out of their rooms. It lights that fire that makes them want to succeed. It lets them know that even though they’re injured, they can still do all the things they want.”

The schedule of Warrior Care Month events is as follows:



Picture courtesy of Warrior Games Competition

**Retired Sgt. Sean Karpf swims freestyle in the 2013 Warrior Games. Karpf will be competing in the 50 meter singles events and 200 meter relay race during the Warrior Care Games.**

Running & Cycling: Nov. 4 from 1 - 3 p.m., Location: Starting outside Building 226

Swimming: Nov. 5 from 1 - 3 p.m., Location: Fitness Center Swimming Pool

Sit Volleyball: Nov. 6 from 1 - 3 p.m., Fitness Center Gymnasium

Wheelchair Basketball: Nov. 7 from 1 - 3 p.m., Fitness Center Gymnasium

To find out more about Warrior Care Month and other on-going adaptive sports on base, contact Kelly at [Amanda.K.Kelly.ctr@health.mil](mailto:Amanda.K.Kelly.ctr@health.mil) or 301-919-4340.

# NSAB'S MWR 2013

## Fall Fest



# THE SUPPORT YOU WANT. THE CLASSES YOU WANT. ON BASE. IN PERSON.



You'll find University of Maryland University College (UMUC) worldwide. But you'll also find our representatives right here at Walter Reed NMMC. UMUC offers programs in cybersecurity, management studies, public safety, and more. In-person academic advising and degree mapping are available. We can even walk you through the application and registration process—and provide guidance on how you can maximize your education benefits and earn credits for military experience. To find out more, call or visit our Walter Reed NMMC office. And if you're ready to move forward, you won't have to leave Walter Reed NMMC.



★ University of Maryland University College is the nation's largest public university. ★

Learn more  
301-654-1377 • [military.umuc.edu/wrnmmsite](http://military.umuc.edu/wrnmmsite)

## BONO

Continued from 3

Standardizing health care business practices, are other goals of Assistant Secretary of Defense for Health Affairs Dr. Jonathan Woodson in the transformation of the military health care system. Woodson is also director of the TRICARE Management Authority.

In a recent interview, Woodson explained there have been numerous studies of the military health system exploring the benefits of greater integration of services to increase access to care and cut cost.

More than \$16 million of the Defense Health Program budget is paid annually for care of beneficiaries in the private sector, while approximately \$8 million is allocated to direct care, according to Bono and the DHA. She explained usage of base medical facilities by beneficiaries has dropped in recent years, but not because of the quality of military health care, which remains world-class, said Bono, a general surgeon.

The use of base medical facilities by beneficiaries declined recently for a number of factors, including the impact of Base Realignment and Closure (BRAC), and the war, which have resulted in the move and deployment of many military medical personnel to provide care in Iraq and Afghanistan, DHA officials explained.

Many of those beneficiaries who stopped using base medical facilities for their care sought services within the TRICARE network of civilian providers or from private sector doc-

tors who accepted patients using TRICARE fee-for-service option, Bono added.

DHA's goal is to recapture those beneficiaries as the war winds down and BRAC changes gain clarity, even if it means "moving resources and patients within markets to meet the needs of patients," Bono said.

Woodson explained care in the military system costs the defense department about a third less than TRICARE-purchased care. He added the intent is to "optimize dollars invested into the direct care system."

Emphasizing the quality of military health care is top priority, Bono said, "[Our] patients go elsewhere with our fingerprints on them, [but] we need to look at what's valuable to our patients [to bring them back]," she added. "I don't think there's anybody who can give the quality of care we do to our military members. Through enhanced service markets, we can directly impact how dollars are spent.

"We have an opportunity to make a really big difference," the rear admiral continued. "Our legacy is going to be defined by how we move forward from the integration," she said.

DHA's first director, Air Force Lt. Gen. (Dr.) Douglas J. Robb, said in a recent interview, "In the future, we will build our hospitals and clinics using the same analytics. We'll buy supplies, equipment and services from common contracts. We'll train in even more common ways. Army, Navy and Air Force personnel will be able to work in any medical facility in the world without needing to learn a whole new way of doing business."

## PASTORAL

Continued from 5

Arcadia High School Chorus of Oak Hill, Va., who sang for patients, staff and visitors in the America Building atrium.

Chaplains are available 24 hours a day, seven days a week at Walter Reed Bethesda to perform or provide comprehensive religious support and care to patients, their families and the staff, according to Sias. The department maintains a staff of more than 20 personnel, including Army and Navy chaplains, contract clergy and board certified pastoral counselors representing many religious faiths such as Protestant, Catholic, Hindu, Islam, and Judaism.

Pastoral care is to "assist in the spiritual and mental health of patients [at WRNMMC] and take care of their spiritual needs," regardless of faith traditions, explained Religious Programs Specialist 2nd Class Rice Croft with the Department of Pastoral Care. Croft is one of nine enlisted service members who work alongside the department's chap-

lains to provide administrative, technical and logistical support to complete the pastoral "team," according to Sias. Religious Program Specialist Seaman Jamalica Taylor worked with Croft to plan the department's Pastoral Week activities.

"The main thing we do here is visit patients on the floors," Sias said. He explained each chaplain is assigned to visit patients on a specific ward or department in the medical center, each day. He said the department maintains an open-door policy for staff members who would like to speak with a chaplain.

The Pastoral Department provides prayer, encouragement, end of life support, crisis intervention along with marriage and family counseling.

Roman Catholic Mass, Protestant Worship, Jewish, Hindu and Islamic worship services are held at WRNMMC, along with Daily Zuhr Prayer, two Bible study groups, a Torah study, as well as Hindu Yoga/Meditation Class. Services are broadcast throughout the medical center on Channel 14. For service times and locations, contact the WRNMMC Department of Pastoral Care at 301-295-1510.

# Walter Reed Bethesda Celebrates National Disability Employment Awareness Month

**By Bernard S. Little**  
WRNMMC Public Affairs  
staff writer

October is National Disability Employment Awareness Month, and Walter Reed Bethesda celebrated with an informational event in Building 62. This year's theme for the observance is "Because We Are EQUAL to the Task."

"The U.S. Department of Labor's Office of Disability Employment Policy theme reflects the reality that people with disabilities have the education, training, experience, and desire to be successful in the workplace," said Sgt. 1st Class Jason Zielske, Equal Opportunity advisor and command advisor for the Bethesda Multicultural Committee at Walter Reed Bethesda.

"Some people are born with a disability, others

acquire theirs as a result of an illness or injury, and some people develop their disability as they age," Zielske continued. "Around the world, 650 million people live with a disability. Today, one in five people in the United States has a disability. Their triumphs over adversity serve as an example to all of us, and affirm that they were, indeed, EQUAL to the Task."

The Bethesda Multicultural Committee hosted last week's observance for National Disability Employment Awareness Month, which included informational tables set up in Building 62 to inform wounded warriors, their families and staff of the services available here to assist those with disabilities and their family members while here or who may be transitioning. Those services are available through

Fleet and Family Support Center, Army Career and Alumni Program, Assistive Technology Department, Recreational Therapy and Adaptive Sports Program, and other activities.

In 1990, President George H.W. Bush signed the Americans with Disabilities Act (AD) into law. The law guaranteed equal opportunities for people with disabilities in public accommodations, commercial facilities, employment, transportation, state and local government services and telecommunications. The Rehabilitation Act of 1973 was the first major legislative effort to secure an equal playing field for individuals with disabilities, according to the U.S. Department of Labor's Office of Disability Employment Policy. This legisla-

See **EQUAL** page 10

## Daylight Savings Time



**Naval Support Activity Bethesda and Walter Reed Bethesda staff and clientele are reminded to turn your clocks back one hour at 2 Sunday morning.**

For more news from other bases around the Washington, D.C. area,

**visit [www.dcmilitary.com](http://www.dcmilitary.com).**



**Joseph W. Kastl**  
Attorney

Retired Senior Military Judge

**Military Law in Bethesda**  
**FREE Initial Consultation**

- Defense You Deserve
- When It's You Against the System
- MEB Downloadable PDF (Medical Evaluation Board)



**Schedule Phone Appointment**  
**1-800-651-5950**



**[www.militarydef.net](http://www.militarydef.net)**



1038138



**BMW OF SILVER SPRING IS PROUD TO BE A PREFERRED DEALER FOR USAA MEMBERS**

Make your best deal and then receive an additional Domestic Military Program Discount **up to \$6,000 on select new BMWs**

Visit BMW of Silver Spring for Details

**BMW of Silver Spring**  
3211 Automobile Blvd., Silver Spring, Md. 20904  
Sales Direct: 1.866.303.2101

\* Up to \$6,000 discount vary by model. 2013 & 2014 new BMW models only. Contact new car sales department for details



# EQUAL

Continued from 9

tion provided a wide range of services for people with physical and cognitive disabilities.

In noting the accomplishments of those with disabilities, the U.S. Department of Labor trumpeted the tenacity of the late Sailor, Carl Maxie Brashear, the first African American to become a U.S. Navy master diver. In 1966, Brashear lost his left leg as a result of an accident while supporting the retrieval of atomic bombs from two submerged U.S. Air Force planes. After grueling physical rehabilitation, he became the first Navy diver to be restored to full active duty as an amputee in 1968. In 1970, he became the first African-American U.S. Navy master diver and served nearly 10 more years beyond that on active duty. He then served as a civilian employee

for the Navy until retiring in 1993. “It is not a sin to get knocked down; it’s a sin to stay down,” and “I ain’t going to let nobody steal my dream,” Brashear said. The movie “Men of Honor,” made in 2000, was inspired by his life. He died in 2006. WRNMMC Director, Brig. Gen. (Dr.) Jeffrey B. Clark, has said, “It’s very important we recognize and pay tribute to our diversity because there’s a tremendous amount of strength in diversity. We need to understand each other and revel in the goodness that each of us brings [to the workforce].”

For information about Assistive Technology services, call Amanda Reinsfelder at 202-257-5756 or Mark Lindholm at 301-295-1518. For information about WRNMMC Adaptive Sports Program, call 301-319-8663. To reach the Fleet and Family Support Center, call 301-319-4087. For information about the Army Career and Alumni Program at WRNMMC, call 301-400-1992.

For more news from other bases around the Washington, D.C. area,

**visit [www.dcmilitary.com](http://www.dcmilitary.com).**



Photo by Katrina Skinner

**Col. Donna Rojas, service chief for the Discharge Planning Nursing Service, and Hospitalman Joel Smith of Pediatrics Primary Care cut a cake during a ceremony celebrating National Disability Employment Awareness Month recently.**



## Professional Services

Call **301-670-7106**

Clinical Research

Clinical Research

Legal Services

Legal Services



### Volunteers needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Rockville MD office.

Donations occur at our Bethesda and Germantown, MD offices by board certified physicians. Both locations are accessible by MetroRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

AD-Bone Marrow 12/08

For more information, or to schedule an appointment:  
Toll free: (888) 926-9211  
Email: [donorinfo@lonza.com](mailto:donorinfo@lonza.com)

**Lonza**

T6613960

### The Burch Law Firm, LLC



Larry Burch former Navy Jag

- \* Military Law
- \* Security Clearance
- \* Family Law
- \* Child Custody/Support
- \* Auto Accidents

**MILITARY DISCOUNT**

**301-474-4468**

“Helping the People who Serve and their Families.”

CALL FOR AN INITIAL CONSULTATION  
[WWW.BURCHLAWFIRM.LLC.COM](http://WWW.BURCHLAWFIRM.LLC.COM)



**Reach over 125,000 military personnel, their families.  
Advertise Your Professional Service Here  
Call 301.670.7106**

## GRADUATES

Continued from 3

lot of pride, being here,” said Haskins, who knew she wanted to become a clinical psychologist as a high school student. The Sailor said she enjoys her work. Haskins will head to her first assignment at Naval Hospital Portsmouth, Va.

Her eyes welled once again when her father, who served 24 years as a hospital corpsman, saluted his daughter with a smile. The proud father of four said he never imagined Haskins would join the military. He described how he felt to see his daughter in a Navy officer’s uniform.

“It is astounding — it is beyond speech to see her, not only giving service, but wearing the uniform that I wore. That’s outstanding,” he said.

Family members weren’t the only ones with words of praise for the 12 clinical psychology internship program graduates. Yeaw, who now serves as the chief of operations for the behavioral health division in the Office of the Surgeon General of the Army located in Falls Church, Va., praised the diverse personalities, talents and unique abilities of the program’s newest graduates, and touted the confidence, direct determination and professionalism of the class.

“I really look forward to seeing you out in the field,” Yeaw told them. Dr. Marvin Dodd, served as clinical psychology program director of the Navy and concluded his 44-year civilian career with the program’s 2013 graduates. He named each of the 12 residents individually, acknowledging their strengths and describing their progress in the internship.

“I would like to thank all of you for making my last year as training director a very fulfilling one,” Dodd told them.



# Classifieds

Call **301-670-2503**

Condos For Rent

**NEW HOME TO SHARE!**  
Adult Seniors/Vets Looking for Roommates!  
Free Yard Care! Free Parking! Free Housekeeping Weekly!  
Private ACRE lot  
Close to Metro  
Washer & Dryer  
Central Air • Split Utilities  
Bamboo Floors  
Environmentally Friendly  
**CALL NOW 301-518-6534**

Condos For Rent

**096 Houses for Rent**  
Westmoreland Co.

Healthcare

**Houses for Rent**  
Charles County

Healthcare

**Dental/ Medical Assistant Trainees Needed Now**  
Dental/Medical Offices now hiring. No experience? Job Training & Placement Assistance Available  
**1-877-234-7706**  
CTO SCHEV

Full Time Help Wanted

**Pharmacy/ Phlebotomy Tech Trainees Needed Now**  
Pharmacies/ hospitals now hiring. No experience? Job Training & Placement Assistance Available  
**1-877-240-4524**  
CTO SCHEV

Full Time Help Wanted

**Mission Support Engineering**  
•Associate's Degree in a technical discipline or equivalent exp  
•US Citizenship required  
•Active TS/SCI clearance, or former TS/SCI with ability to obtain  
For details and to apply go to:  
<http://www.dcmilitary.com/section/dcmilitaryCareers>

COLONIAL BEACH - 3 BED/2 BATH SINGLE FAMILY - \$1,500/MONTH 703-966-0466.

LAPLATA MONTH, 4 BDRM, 2 1/2 BATH, 240-464-4178

Reach military and their families in Maryland, Virginia and Washington DC.

**301.670.2503**

**ARE**  
**So**  
**YOU**  
**Are**  
**READING**  
**Over 450,000**  
**THIS**  
**Others!**  
**AD?**

**Why Advertise? Because it works!**  
**Call 301-670-2503**  
**TO PLACE YOUR AD!**

**EuroMotorcars**  
B E T H E S D A



Mercedes-Benz



DELIVERING LUXURY TO OUR TROOPS AND VETERANS.



2014 Mercedes-Benz CLA250  
Starting at \$29,900



2014 Mercedes-Benz S-Class  
Starting at \$92,900

EuroMotorcars Bethesda  
Randy Merry and Jim Pratt, New Car Sales Managers  
Gregg Eisenberg and Kenny Griffin, Pre-Owned Sales Managers  
888.250.2987  
EuroBethesda.com  
7020 Arlington Road, Bethesda, MD 20814

\*Pre-production vehicle shown with optional and non-US equipment.

01040460

# Sign up for the weekly **DCMilitary** email newsletter!

DCMilitary.com is your number 1 resource for local military news that matters most. Now you can subscribe and receive free e-mail updates featuring news and events from **The Journal** and local military bases in MD, VA and DC!



**Visit [www.dcmilitary.com](http://www.dcmilitary.com) and sign up for our weekly e-letter and get breaking news and highlights for the Military community delivered straight to your inbox!**

